



The Aging Spine | Back Pain Prevention and More with Dr. Hugh Jenkins

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Tina Willer, in this thorough interview, explores the causes of back pain, and general disease with Dr. Hugh Jenkins, Chiropractor, Naturopath and Chinese Herbalist. Dr. Jenkins treats not just the spine but all of our systems. "If you don't keep your spine limber and hydrated, you can have disease from simple bone pain all the way to osteoporosis", says Dr. Jenkins.

Dr. Jenkins believes that by getting down to the cause of problems and not just masking the symptoms, the health results can be longer, more permanent and more successful. "Such Diseases as Overweight/Obesity, Prostate Enlargement/Cancer, Uterine Fibroid Tumor, Diabetes, High Blood Pressure just to name a few, can be treated naturally", says Dr. Jenkins.

Dr. Hugh Jenkins assists his clients with anti-aging through several alternative healing modalities which are explained in this interview:

"In reference to the spine, it's not just the spine. We have to take into consideration the whole structural system. The whole structural system is all our bones and our muscles and ligaments. That's what's keeping us erect... keeping us together. The spine is the core of that and then the legs and the arms and everything else branches off of that.

It's very important because if you don't keep your spine limber and hydrated then you can have dis-ease from simple bone pain all the way to osteoporosis. A lot of people don't know the importance of water, in reference to the spine.

Between our vertebrae there are discs. There are discs, and these discs are like sponges. They're the cushions, shock absorbers. These cushions, these discs are 98% water. Because people don't drink enough water and dehydration is related to many, many diseases. There are eight (8) causes of disease and number one (1) is dehydration. Good pure alkaline water and nutritional deficiencies.

If you don't drink enough water, and the body is 70% water, like I said the discs are 98% water, these discs are like sponges. Sponges work better when they are wet because they have better absorption to them. The discs start to dry out and then you can have problems. Just like on your brakes, bone on bone. And that's where you can have bone pain from the neck all the way down to the feet. Okay. So you need to hydrate."

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